



Cleaning your bottom after toileting

Some people find wiping their bottom difficult. This may be due to difficulty reaching or holding the toilet paper. Here are some options that may help.

Wiping your Bottom

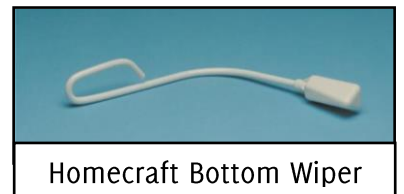
Consider trying **moist wipers**. They may help you get a better clean. There are many brands available. Some are available at supermarkets.

Bottom wipers

Bottom wipers hold a length of toilet paper and have a handle that gives you more reach.

Things to Consider:

- How easy is it to put the paper on the wiper?
- Is the wiper comfortable against the bottom area when wiping?
- How do you take the paper off (is there a button to release the paper or do you need to use your hands?)
- Is it portable? – Can you take it with you when you go out?



Homecraft Bottom Wiper



Homecraft Folding Bottom Wiper



Bottom Wiper

Washing your Bottom

There are products to help you wash and dry your bottom after toileting. Some can also wash your genitals.

Electronic Bidet Toilet Seats

These can be fitted to your existing toilet and plumbing. They can heat the water. Some have a dryer function.

You need to have a power point near your toilet.

To operate a bidet you need to use buttons and controls. If this is difficult, some bidets can be adapted. For details, contact ILC Tas.



Electronic Bidet Toilet Seat

Combined toilet and bidet

These are also known as wash and dry toilets. These toilets have the bidet function built in. Some have large buttons for flush and bidet functions.

They cannot be fitted to an existing toilet. You may need to replace your toilet.



Combined toilet and bidet

Cold water sprays

These are sprays mounted on the toilet bowl under the seat. They are usually cheaper than warm water sprays and bidets as they do not need hot water or a power point. However the water is cold and may not be suitable for colder climates.



Cold water spray

Warm water sprays

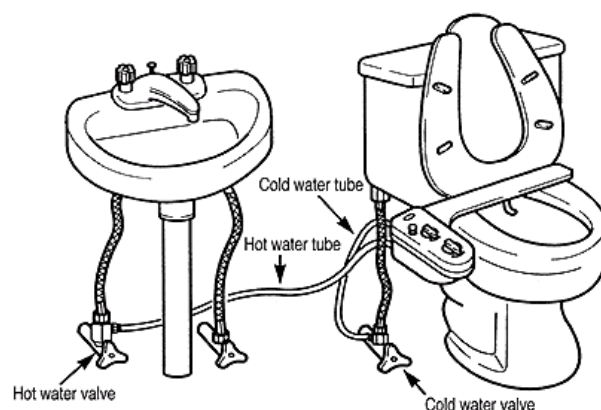
These give you a warm water spray to wash your bottom. These are usually cheaper to buy than electric bidet toilet seats. They are mounted on the toilet.

They do not need a power point near the toilet. However, they need to be connected to hot water. When comparing prices with other options, consider the cost of connecting hot water.

If you have a nearby sink with hot water, you may be able to attach it to this plumbing. They are mounted between the existing toilet seat and toilet bowl.

Things to Consider:

- How long will it take to heat the water?
- Does the product dry your bottom?
- Are the controls easy for you to use?
- Can you take it with you when you go out?
- Can you try one before buying?



Warm water spray set up

Hand-held portable sprays

These hold water in a bottle and you can spray the water where needed. They are battery operated and can be carried with you. You need to be able to hold it in your hand and operate the button.



Hand held portable bidet

More information

For advice about continence management, contact the Statewide Continence Service on 1300 723 143, or the National Continence Helpline on 1800 33 00 66.

For advice about assistive technology and equipment, contact ILC Tas.

- Ring 1300 885 886 to speak to a health professional.
- Visit our website www.ilctas.asn.au or email ilc@ilctas.asn.au.
- Make an appointment to visit the centre at 275 Wellington Street, South Launceston.
- ILC Tas visits communities around Tasmania. Contact us to find out when we will be in your area.

ILC Tas is a not for profit organisation and does not sell equipment.